

Adaptation and Formation of a Healthy Lifestyle of Convicts after Their Release in the Context of Sustainable Socio-Economic Development

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Abstract. The article raises the legal, organizational and practical problems of the activities of penitentiary institutions to prepare prisoners for release, their social adaptation and the formation of a healthy lifestyle in the steadily developing socio-economic environment of the Kyrgyz Republic. The main target groups of people in need of social rehabilitation and adaptation have been identified. The main factors that determine the insufficient level of social adaptation of persons who have served their sentence in the form of deprivation of liberty have been established. In order to create conditions for the social rehabilitation and adaptation of persons released from places of deprivation of liberty in the territory of the Kyrgyz Republic, as well as to reduce the factors contributing to recidivism, a comprehensive programme of rehabilitation and social adaptation has been developed. The article also discusses the organizational and managerial mechanism of work to provide the necessary advisory assistance to persons who have served their sentences in prisons.

1 Introduction

At present, one of the most important goals of the penal correctional system of the Kyrgyz Republic is correction, rehabilitation and re-socialisation of convicts, as well as reducing the rate of recidivism of crimes committed by persons who have served a sentence of imprisonment, by increasing the effectiveness of social and psychological work in correctional institutions. The achievement of the goal is ensured by solving quite specific tasks to change the ideology of the application of the main means of correction of convicts with the strengthening of psychological and pedagogical work with the personality and preparing it for life in society; to develop forms of educational work, organization of the educational process and labour employment of convicts in the new conditions of serving the sentence; to improve the effectiveness of management of the penal system taking into account its new structure [1].

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2 Methods

In order to achieve these goals, it is necessary to identify all the objects and processes that arise between them that affect the social adaptation of convicts after release. For this purpose, the methods of structural analysis and systematization used in research related to sustainable development were used [2, 3]. Dialogical, individual and group pedagogical methods were used to develop methods that form competencies in the course of the educational process [4, 5]. The use of formalization methods has made it possible to create concepts that can be suitable for the process of digital transformation and the development of a software product for individual use in the event of a crisis situation [6-8].

3 Result

The effectiveness of this area of activity depends, first of all, on the availability of appropriate regulatory and legal acts, proper organisation, continuous improvement of the mechanism and material and technical base of the penal system management [9].

In this regard, the Strategy for the development of the penal (penitentiary) system of the Kyrgyz Republic for 2018-2023 [<http://cbd.minjust.gov.kg/act/view/ru-ru/12660>] provides for a comprehensive construction of measures aimed at improving social and educational work with inmates:

- it is the strengthening of educational work in relation to convicts, re-socialisation, where the emphasis is placed on involving them in employment, training, acquisition of a profession or requalification;
- and the development of social, psychological and educational work with inmates to help them master their basic social functions;
- this and the optimisation of work with inmates on the basis of functional interaction between the staff of all correctional services, with the involvement of representatives of the executive authorities and civil society in the correctional process;
- search for and introduction of new individual forms of work;
- use of co-operation with civil society structures and public councils.

Further development of this direction is confirmed in the National Development Programme of the Kyrgyz Republic until 2026 [<http://www.stat.kg/media/files/3d033353-7e05-42ec-a282-8722459f5c31.pdf>], one of the goals of which is: large-scale measures to ensure public safety, reduce the crime rate and reduce the recidivism of crimes committed by persons serving a prison sentence by increasing the effectiveness and construction of social and psychological work in places of deprivation of liberty, conducting activities in places of deprivation of liberty in order to adapt to society.

Accordingly, a roadmap for the implementation of the Strategy for the development of the penal (penitentiary) system of the Kyrgyz Republic for 2018-2023 has been developed and is being implemented [<http://cbd.minjust.gov.kg/act/preview/ru-ru/12659/10?mode=tekst>]. Section 6 "Improving the effectiveness of correctional impact and re-socialisation measures in relation to inmates", refers to the provision of:

- general, secondary vocational education;
- introduction and implementation of therapeutic programmes to correct aggressive, deviant-sexual, suicidal behaviour, extremist tendencies and other social and mental deviations among inmates, including minors;
- The introduction of programmes for the correction of persons convicted of terrorist and extremist offences;

- Availability of the right of persons convicted of terrorist and extremist offences, with good behaviour: o transfer to ordinary and light detention conditions; o application of conditional early release (parole) from serving their sentence; and other measures.

4 Conclusion

In order to effectively implement rehabilitation programmes, provide social assistance and prepare inmates for release, educational activities are constantly conducted in correctional institutions to improve the qualifications of the staff of the Department of Educational Work (DEW) of the Penal Enforcement Service under the Ministry of Justice of the Kyrgyz Republic (SIN MJ KR) [<http://www.gsin.gov.kg>]. These activities are carried out in order to further promote the socio-psychological service, strengthening the potential of the role and importance of educational work with inmates, the solution of which provides moral and psychological safety of correctional officers [<https://gsin.gov.kg>]. Organisation of preparation of inmates for release as a form of pedagogical and socio-psychological work with inmates, focused on the formation of a set of knowledge, skills, social skills necessary for the person preparing for release for normal life outside the walls of the correctional institution [10, 11].

Thus, we can define the concept of resocialisation as complex measures of educational, psychological, moral, socio-economic, legal nature [12, 13].

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